



Oxtail Stew

 Dairy Free

READY IN



260 min.

SERVINGS



50

CALORIES



114 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 3 carrots sliced
- ☐ 3 ribs celery sliced
- ☐ 2 teaspoons ground mustard dry
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 leek trimmed sliced cut in half lengthwise, 1/

- ☐ 5 cups beef broth low-sodium
- ☐ 1 onion chopped
- ☐ 4 pounds oxtail 1-inch-thick cut into pieces
- ☐ 1 cup red wine
- ☐ 0.5 teaspoon red wine vinegar
- ☐ 50 servings salt and pepper
- ☐ 4 sprigs thyme leaves
- ☐ 1 tablespoon tomato paste
- ☐ 1 turnip peeled chopped
- ☐ 0.3 cup vegetable oil

Equipment

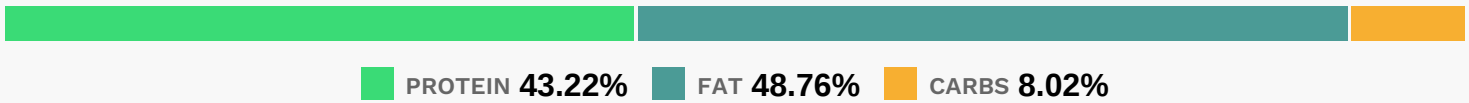
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ tongs

Directions

- ☐ Place meat in a large bowl and cover with cold water.
- ☐ Add vinegar, cover bowl and refrigerate for at least 4 hours or overnight.
- ☐ Drain; pat dry.
- ☐ Place a rack in the lower third of oven and preheat to 325F. In a large ziplock bag, mix flour, mustard, 1 tsp. salt and 1/2 tsp. pepper. Warm 2 Tbsp. oil in a large pot over medium-high heat. Working in batches, toss oxtail pieces in flour mixture, shake off excess and brown on all sides in pot, turning with tongs. Do not overcrowd the pan.
- ☐ Remove to a plate; repeat with remaining pieces, adding more oil to pan as needed.
- ☐ Pour wine into pan and cook for 3 minutes, stirring to scrape up browned bits from bottom.

- ☐
- Add onions and garlic and cook for 2 minutes, stirring occasionally. Stir in tomato paste; cook for 1 minute. Return meat to pan and add carrots, celery, leeks, turnip, bay leaves and thyme. Season with salt and pepper.
- ☐
- Pour in broth and bring to a boil over high heat. Cover pot and place in oven. Cook until meat is very tender when pierced with the tip of a knife, about 3 hours.
- ☐
- Remove oxtail pieces to a plate to cool. Discard bay leaves and thyme sprigs. Skim fat off top of stew in pot. Pick meat off bones and return to pot; discard bones and gristle. Rewarm stew over medium heat, stirring occasionally. Season with salt and pepper, if desired, and stir in parsley.

Nutrition Facts



Properties

Glycemic Index:9.06, Glycemic Load:0.91, Inflammation Score:-5, Nutrition Score:2.2282608423544%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.66mg, Malvidin: 0.66mg, Malvidin: 0.66mg, Malvidin: 0.66mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 114.46kcal (5.72%), Fat: 5.96g (9.17%), Saturated Fat: 2.09g (13.09%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.61g (0.68%), Cholesterol: 39.92mg (13.31%), Sodium: 317.94mg (13.82%), Alcohol: 0.51g (100%), Alcohol %: 0.78% (100%), Protein: 11.89g (23.78%), Vitamin A: 704.14IU (14.08%), Iron: 1.65mg (9.15%), Vitamin K: 7.56µg (7.2%), Potassium: 92.99mg (2.66%), Manganese: 0.05mg (2.52%), Vitamin C: 1.85mg (2.24%), Folate: 6.65µg (1.66%), Calcium: 14.52mg (1.45%), Fiber: 0.35g (1.41%), Vitamin B6: 0.03mg (1.3%), Vitamin E: 0.17mg (1.16%), Vitamin B1: 0.02mg (1.01%)